



Embrace the Power of Kindness



Join the **Contagious Kindness Challenge** to prioritize making a positive impact with an act of kindness each day. Log in to the challenge daily and self-attest to sharing kindness for at least 21 days in November. Complete the challenge to earn your 40 points!

To participate in the challenge:

- 1** Log in to your Sharecare account or register at BeWellSHBP.com
- 2** Select **Achieve > Challenges > Contagious Kindness > Join Challenge**
- 3** Self-attest that you made a positive impact with an act of kindness each day directly on the **Contagious Kindness** challenge page

Take control of your mindset and
start living a more positive life today.

Have questions? Visit BeWellSHBP.com or call 888-616-6411.